

## 在等待COVID-19的检测结果吗？

今天，您提供了样本用于进行COVID-19检测。可能需要几天时间才能获得检测结果。您的医疗服务提供者将会通知您检测结果。卫生部门可能会首先联系您，提出建议或询问有关您的亲密接触者的问题。

### 等待结果期间要做的事情：

- 如果您出现症状，或者因旅行或与COVID-19确诊者密切接触而处于预防性隔离状态：
  - 待在家中。不要去上学、上班或去任何其他公共场所。尽可能与家中的人们和宠物分开起居。
- 如果需要前往医疗服务提供者处就诊，请先致电给他们，并告诉他们您已接受了COVID-19检测，且正在等待结果。
- 继续采取预防措施：
  - 如果您无法避免与他人和宠物密切接触，请戴上口罩。
  - 经常洗手，每次洗手持续至少20秒。如果没有肥皂和水，请使用含酒精洗手液擦手。
  - 咳嗽和打喷嚏时用袖子或纸巾遮盖，并随后将纸巾丢进垃圾桶。
  - 避免触碰眼睛、鼻子和嘴巴。
  - 定期对经常接触的表面和物体进行清洁和消毒。

### 如果检测结果为阴性，并且

- 您是因旅行或与COVID-19患病者密切接触而处于预防性隔离状态，并且
  - 您在预防性隔离的第7天（含）之后接受了检测，并且没有出现任何症状，则您可以结束预防性隔离。或者，
  - 您是在第7天之前接受的检测，则继续进行预防性隔离直至满14天。但是，如果您没有出现任何症状，则可以致电您的医疗或检测机构，安排在第7天或之后进行检测。

### 或者

- 您不处于预防性隔离状态：
  - 继续采取预防措施，例如戴口罩、洗手和保持社交距离。
  - 如果您所患疾病非COVID-19，请待在家中直至症状消失。

### 如果检测结果为阳性，

- 您的医疗服务提供者会与您讨论针对所有症状的护理和治疗。
- 卫生部门会与您联系，并告知您何时可以恢复正常活动。他们还会与您讨论您的密切接触者相关事宜。

有关更多信息，请访问我们的网站：[www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## Waiting for test results for COVID-19?

Today you gave a specimen that will be tested for COVID-19. It may take a few days for the results back. Your medical provider will notify you of your test result. The Health Department may reach out first with recommendations or to ask questions about your close contacts.

### Things to do while you wait:

- If you are experiencing symptoms, or if you are in [quarantine](#) due to travel or close contact with someone confirmed to have COVID-19:
  - Stay at home. Do not go to school, work or any other public place. Separate yourself from people and pets in your home, as much as possible.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.
- Continue taking preventive steps:
  - Wear a mask if you cannot avoid close contact with other people and pets.
  - Wash your hands often for at least 20 seconds. Use an alcohol-based hand sanitizer, if soap and water aren't available.
  - Cover your coughs and sneezes with your sleeve or a tissue, then throw the tissue in the trash.
  - Avoid touching your eyes, nose and mouth.
  - Routinely clean and disinfect frequently touched surfaces and objects.

### If test results are negative, and

- **you are in quarantine** due to travel or close contact with a person with COVID-19, and
  - **you were tested on day 7** of quarantine or after, and you don't have any symptoms, you may end quarantine. Or,
  - **you were tested before day 7**, remain in quarantine for the remainder of the 14 days. However, if you don't have any symptoms, you can call your provider to arrange for testing on or after day 7.

OR

- **you are not in quarantine:**
  - continue taking preventive actions like wearing a mask, hand washing and social distancing.
  - if you are sick with an illness other than COVID-19, stay home until symptoms end.

### If test results are positive,

- your health care provider will talk with you about your care and treatment of any symptoms.
- the Health Department will contact you and let you know when you can resume regular activities. They will also talk to you about your close contacts.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)